

NUTRITION GUIDE

EATING RECOMMENDATIONS

- Eat 3-4 full meals a day, 1-2 snacks per day.
- Make each meal count.
- Eliminate any and all refined sugars and sweets.
- Reduce caffeine intake and increase water intake (at least half your body weight in ounces. For example: If you weigh 100 lbs., drink at least 50 oz. of water per day).
- All heavy starches (bread, pasta, rice) should be consumed by 3pm
- 1 serving of protein should be consumed with every meal. For example: (a 4-6 ounce piece is considered 1 serving).
- Vegetables should be in at least 2 meals per day.
- No fruit juice, too many additives in these!
- Take a Multi-vitamin everyday.
- Protein: always first choice, then carbohydrates to be added.
- Limit sugary condiments such as salad dressings, ketchup, mustard, mayo, etc.
- Best snack food should have protein and fat (Nuts, Avocado, Chicken, Deli sliced meat, sausage, broccoli, apple,

FOOD CHOICES

PROTEINS

(Organic and grass-fed protein is generally the best quality) Chicken, Lean Steaks, Lean Ham, Turkey, Fish (Tuna, Salmon, Tilapia), Free Range/Cage-free/Organic Eggs, Organic Greek Yogurt (plain, not flavored)

CARBOHYDRATES (Every Carbohydrate Item Should be 1 Cup or Less)

Steamed Brown/Wild Rice, Whole Wheat Pasta, Oatmeal, Beans (pinto, black kidney), Sweet Potato, Red Potatoes

VEGETABLES

Broccoli, Asparagus, Snow Peas, Bell Peppers, Lettuce, Eggplant, String Beans, Spinach, Kale, Cucumbers, Cauliflower, Celery, Tomatoes

FRUITS (No Canned or Dried Fruit)

Green Apple, Grapefruit, Cantaloupe, Honeydew Melon, Blueberries, Raspberries, Strawberries, Peaches, Grapes, Nectarines

OTHER: Onions, Garlic, Coconut Oil (for cooking), Avocado (healthy fat), Nuts (not peanuts).

Breakfast

- Breakfast should be filled with protein and fat, with a small portion of vegetables or fruit. No muffins, donuts, bagels! Choose foods like Eggs or Egg Whites, Avocado, Sausage, Sweet potato hash browns, Fruit, Plain Greek Yogurt, etc. This meal will give you your energy boost for the first portion of the day. Make it a wholesome good quality meal!

Lunch

- Lunch should be filled with protein and load up on the vegetables! Salads with some chicken or fish on top are always a good option. Not too much dressing in salads (its best to get dressing on the side, and dip fork in dressing before each bite. You'll use less dressing this way!) Also, if you're going to eat a starch like a potato/sweet potato/pasta/sandwich... you'll want to have it at lunchtime.

Dinner

- Dinner should be filled with protein and vegetables. Change it up with different herbs and spices. A good wholesome meal should be eaten after every practice... Don't go home after practice and not eat a healthy meal! Your body needs it to recover properly.

Snacks

- Snack foods have the tendency to initiate the insulin response and shut down the ability to burn fat. Avoid eating traditional snack foods (protein bars, cereal bars, fruit bowls, etc.), which are high in sugar and starchy carbohydrates. Some good snack foods are: Hummus (using vegetables for dipping: carrots, celery, etc.), Avocado, Sliced deli meat, Grilled Chicken, Sushi, Nuts and Seeds (little or no salt), Salads